

Italian Style Chicken Sausage & Broccoli



PREP TIME:
15 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free
Yield: 5-6 Servings

Ingredients:

- 1 12 oz. Package of Organic Mild Italian Chicken Sausage Sliced into Thin Rounds (*I use Bilinski's brand*)
- 2 TBSP Extra Virgin Olive Oil
- 3 TBSP Garlic – Minced (*more if desired*) 😊
- ½ Red Onion Sliced Thin into Long Strips
- 4 Cups Broccoli Florets
- ¼ Teaspoon Sea Salt
- ¼ Cup Sundried Tomatoes – Sliced Thin
- 1 ½ - 2 Cups Low Sodium Vegetable or Chicken Broth
- 1 Cup Reserved Pasta Water
- 12-16 oz. Gluten Free Pasta (Chickpea, Brown Rice or Lentil) of Choice

Instructions:

1. In a large pot add water for pasta (according to pasta directions). Start boiling water.
2. In a large skillet, add olive oil and onion and cook on medium for 3-5 minutes, until starts to soften.
3. Add in the garlic and cook another minute. Toss in the sausage and cook for about 5 minutes.
4. Next add in the broccoli and season with sea salt. Cook another 5 minutes and add broth.
5. Sprinkle in slices of sun-dried tomatoes.
6. Toss & allow to cook until broccoli is lightly cooked but not too soft. Can add more broth if desired.
7. Reserve about 1 cup of pasta water and ladle about ¼ cup into each serving bowl.
8. Evenly divide and add pasta to bowls. Top with chicken sausage and broccoli.
9. **Optional:** Add fresh basil and/or hot pepper seeds.

***Try and use all organic ingredients if possible.**